



## CAP FINGER LAKES GROUP DRUG DEMAND REDUCTION



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**Civil Air Patrol Drug Demand Reduction Vision:** *To be a leading force in America's drug demand reduction strategy through the Development of tomorrow's leaders in vol-*

Dear CAP Colleagues: Every buy anything on the Internet?

More and more of us do, as the convenience of avoiding the Mall and doing our shipping on line becomes more and more common.

But the convenience and privacy can be a trap — for those who use it to buy both illegal drugs and prescriptions dispensed without the supervision of a Doctor. Medications ordered from foreign sources may be adulterated, diluted, or totally different from what is identified on the label. In the old Latin phrase "**Caveat Emptor**" — Let the buyer beware." In other words, that drug bargain which is too good to be true is probably exactly that!

This edition of "soar" contains information on several different topics of interest. I hope that you will read them, and share the information with others.

I wish you every blessing and happiness in this holiday season, and throughout the new year.

  
D. K. KELLERHOUSE  
CHAPLAIN, MAJOR, CAP



**We're Still Looking ...**

**for a Cadet**

**Assistant Drug Demand  
Reduction Officer!**

If interested, contact Chaplain  
Kellerhouse through your unit  
CO!

### Did You know that ...

During the holiday season from Thanksgiving through New Year's **fatalities with impaired drivers are 40 percent higher** than the rest of December?? (National Center for Statistics and Analysis)

MADD (Mothers Against Drunk Driving) estimates that "each year nationally, **more than 1,000 people typically die during the period from Thanksgiving to New Year's in drunk driving crashes??** (MADD, 2006).

### Simple Steps to Safety During the Holidays from MADD

- If you drink, don't drive, no matter how little you think you have had
- Designate a driver before you arrive at an event or party
- If hosting a party, make sure to set rules on drinking and driving. Offer to provide a ride home or a place for guests who drink to sleep.
- Wear a red ribbon during the holidays to increase awareness of the drinking and driving problem
- Educate family, friends and co-workers about the risks of drinking and driving. Provide them with pamphlets or give MADD information and statistics to help bring awareness to the drinking and driving problem.
- If possible, avoid driving during the early and late evening hours on holidays like Thanksgiving Christmas and New Years. Protect yourself and passengers by wearing a safety belt at all times, in case of a crash

Drugs you never heard of ...

And hope you never do!!



**JIMSON WEED**

Increasing numbers of young people in New York State are using this plant as a hallucinogen. Adolescents experimenting with the herb are generally unaware of its dangers. The public usually learns of Jimson Weed when users are hospitalized in critical condition. But its use is more widespread than recognized. Poisoning cases have been reported from a number of states, particularly in the west where the plant is more pervasive. Such incidences usually peak in the summer and early fall when the plant matures.

The public usually learns of Jimson Weed when users are hospitalized in critical condition ....

It is legal to grow or sell this plant in New York State or in the US. Seeds can be bought through some seed companies and live plants are sold in some stores. Therefore, caution and education are the most important weapons to protect our youth from this toxic plant's effects.

**Datura Stramonium** is a member of the Belladonna alkaloid family and is a large annual herb that grows 3-5 feet tall. It grows wild in most parts of the US and southern Canada and has been called Green Dragon, Locoweed, Devil's Trumpet, Devil's Apple, Devil's Weed, Mad Apple, Thorn Apple and Stinkweed.

Its leaves are large (up to 8 inches long), jagged (4 - 15 points) and bitter-tasting; its flowers are white or purple, trumpet-shaped, and 2-8 inches wide. In the fall, the plant bears fruit that are green and spiny in appearance; the seeds are brown to black. The seeds and leaves are the most toxic parts of the plant, although all of the plant is toxic, including the flower and its nectar. Datura contains the **toxic alkaloids** called **atropine**, **scopolamine** and **hyoscyamine**. Preparations of Datura are sold in health food stores as a treatment for asthma.

The toxic effects from use of Datura cause intoxication: dilated pupils, elevated body temperature, dry mucus membranes, urinary retention, decreased gastrointestinal motility, agitation, delirium, seizures, visual hallucinations, amnesia, spasmodic movement and coma. Symptoms usually appear 1-4 hours after ingestion and may persist for days.

Source: <http://www.oasas.state.ny.us/AdMed/FYI/FYI-Jimson.cfm>  
accessed 4 Dec 08



## Holiday Cheer??

Alcohol has its place in life as we've seen from its use in many ceremonies, family gatherings and holiday parties. It can serve as a mild aid to the socially sensitive, but its potential for harm has to be considered, too.

The holidays are around the corner, the economy seems to be headed for a long recovery period and alcohol may play an increasing role in the lives of people in the months to come. Not

just a drink for celebration, alcohol, as many of us know, is

**Not just a drink for celebration, alcohol ... is a powerful non-prescription drug**

a powerful non-prescription drug that can lift someone's mood, temporarily, help with anxiety and may be beneficial to our health. All of this should be taken with a grain of salt, as the saying goes.

Alcohol, unfortunately, also has the ability to cause serious disinhibition with serious, sometimes fatal consequences. We've seen the stories about initiations where a bottle of alcohol has to be consumed at one sitting, or in one elongated gulp-session. In these instances, alcohol acts as a fatal poison for the breathing center of the brain. For others, alcohol facilitates actions which result in not a calming effect, but a rage reaction.

The researchers who see some alcoholic beverages as beneficial are cautious to say that it has to be used reasonably and, as any drug, with an eye to abuse. What is your limit on alcoholic drinks? You should know what it is and keep yourself within a safe limit. That's not me preaching, it's just good sense.

Source: <http://blogs.webmd.com/anxiety-and-stress-management/2008/11/alcohol-stress-and-holidays.html>

Accessed 4 December 2008